

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002074

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Harvard School of Public Health

First Name: Walter

Last Name: Willett, MD, DrPH

Job Title: Chair, Dept of Nutrition; Fredrick John Stare Professor of Epidemiology and Nutrition

Key Topic: Carbohydrates, Fats, Food Groups, Minerals, Other, Vitamins

Sub Topic: Added sugars, B Vitamins, Calcium, Folate, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vitamin D, Whole grains

Attachment: Y

Comment: The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

Comment ID: 002076

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Harvard School of Public Health

First Name: Meir

Last Name: Stampfer, MD, DrPH

Job Title: Professor of Nutrition and Epidemiology

Key Topic: Carbohydrates, Fats, Food Groups, Minerals, Vitamins

Sub Topic: Added sugars, B Vitamins, Calcium, Folate, Grains, Whole grains, Iron, Meat, Beans, Eggs, Fish, and Nuts, Milk, Other, Sodium, Vitamin D, Whole grains

Attachment: Y

Comment: The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis

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Key Topic: Vitamins

on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

Comment ID: 001803

Submission Date: 07/13/2010

Organization Type: Educational Institution

Organization Name: North Carolina State University

First Name: Kiano

Last Name: Manavi

Job Title: PhD Student in Nutrition

Key Topic: Vitamins

Sub Topic: Vitamin D

Attachment: N

Comment: I have seen some of the objectives from Health People 202 related to Calcium and Osteoporosis. But WHAT ABOUT "VITAMIN-D"?!!?!? Will more information as far as what the needs of American population are be available?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001885

Submission Date: 07/14/2010

Organization Type: Educational Institution

Organization Name: University of Florida

First Name: Lynn

Last Name: Bailey

Job Title: Professor

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: In regard to folic acid recommendation:

The use of the words when necessary in the new Dietary Guidelines changes the meaning of the current recommendation adopted by public health organizations. Since the majority of pregnancies are unplanned, it is extremely important that the wording of the new Dietary Guidelines be consistent with the scientific evidence which supports the need for all women capable of becoming pregnant to consume 400 µg/day of folic acid in addition to naturally occurring food folate in a varied diet.

Inclusion of the word requirement implies that the goal of the folic acid intake guideline is to meet metabolic requirements which is not consistent with the intent of the special folic acid recommendation for NTD risk reduction. It is clear that this guideline should be changed to specify that women capable of becoming pregnant consume 400 µg/d of folic acid from supplements or fortified foods in addition to folate in a varied diet.

Comment ID: 001982

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: University of Florida

First Name: Lynn

Last Name: Bailey

Job Title: Professor

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: The use of the words "when necessary" in the new Dietary Guidelines changes the meaning of the current recommendation adopted by public health organizations. Since the majority of pregnancies are unplanned, it is extremely important that the wording of the new Dietary Guidelines be consistent with the scientific evidence which supports the need for "all women capable of becoming pregnant" to consume 400 µg/day of folic acid in addition to naturally occurring food folate in a varied diet.

Inclusion of the word "requirement" implies that the goal of the folic acid intake guideline is to meet metabolic requirements which is not consistent with the intent of the special folic acid recommendation for NTD risk reduction. It is clear that this guideline should be changed to specify that women capable of becoming pregnant consume 400 µg/day of

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

folic acid from supplements or fortified foods in addition to folate in a varied diet.

Comment ID: 001985

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: University of Florida

First Name: Lynn

Last Name: Bailey

Job Title: Professor

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: The use of the words when necessary in the new Dietary Guidelines changes the meaning of the current recommendation adopted by public health organizations. Since the majority of pregnancies are unplanned, it is extremely important that the wording of the new Dietary Guidelines be consistent with the scientific evidence which supports the need for all women capable of becoming pregnant to consume 400 µg/day of folic acid in addition to naturally occurring food folate in a varied diet. Inclusion of the word requirement implies that the goal of the folic acid intake guideline is to meet metabolic requirements which is not consistent with the intent of the special Institute of Medicine folic acid recommendation for NTD risk reduction. It is clear that this guideline should be changed to specify that women capable of becoming pregnant consume 400 µg/day of folic acid from supplements or fortified foods in addition to folate in a varied diet.

Comment ID: 001009

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Perry

Last Name: Ambrose

Job Title: Nutritionist

Key Topic: Minerals, Vitamins

Sub Topic: B Vitamins, Folate, Vitamin A and Carotenoids, Vitamin C, Vitamin D, Vitamin E

Attachment: N

Comment: I am interested in how you came to the conclusion that ?a daily multivitamin/mineral supplement does not offer health benefits to healthy Americans." I counsel people on nutrition daily and those who have a substandard diet yet take a high quality multi vitamin and mineral supplement report improved quality of life with very few exceptions. Inferior supplements such as "One a Day" and Centrum fail to provide the same beneficial results. I hope you have controlled studies to support your claims and they evaluated the better quality products.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001078

Submission Date: 06/22/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Minerals, Vitamins

Sub Topic:

Attachment: N

Comment: Your advice is a good start. However, people need to figure out what works for them. If someone is low on energy, they should do a blood test to see if they are deficient in: iron, potassium, Vitamin B12, or Vitamin D and find foods and/supplements that have what they need. If they have hypothyroidism, they should find foods that contain iodine. If they have high blood sugar, they should find foods that are on the low glycemic index. If they have a tendency to get a lot of colds, they should load up on Vitamin C and Zinc. You should also make it clear for what levels toxicity begins in vitamins and minerals. I think many people are under the impression that the RDA is the upper level of what they need. But for example, it is okay for healthy individuals to get 2000 mg of Vitamin C daily, and if you have a weak immune system, 4000mg of Vitamin C during periods when you might get a cold is a good idea. For deficiencies, it is almost impossible to get the required nutrient(s) in food alone. A supplement is helpful to get higher amounts of what you need.

Comment ID: 001973

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mary

Last Name: Litchford PhD, RD, LDN

Job Title: Registered Dietitian

Key Topic: Minerals, Vitamins

Sub Topic: B Vitamins, Calcium, Folate, Potassium, Vitamin D

Attachment: Y

Comment: I am concerned that Americans do not meet needs for calcium, potassium vitamins D, B12, and folic acid currently. Deficiencies are more likely in plant based diet proposed by Guidelines. Why discourage use of vitamin mineral supplements? This is one way to ensure key nutrients are met.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001174

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: McCormick

Job Title: Owner

Key Topic: Other, Vitamins

Sub Topic:

Attachment: N

Comment: Here's a reality check- the oceans cannot support humans eating more seafood. At current consumption levels, the ocean's fisheries will be depleted in just 4 more years. Recommending millions of people eat more fish is irresponsible. On top of that, the assault on supplement manufacturers and public access is not only shameful, but dangerous. It sounds like a hidden agenda to get us ready to be under UN regulations that will make most supplements illegal. Lastly, our produce has little nutrition due to soil depletion. So even eating the 5 F&V per day will not provide adequate nutrition. How about writing some real guidelines? Eat seafood responsibly, use good quality supplements to ensure sufficient nutrition. Decrease the amount of meat proteins. Eat organic whenever possible. These are necessary for our good health and the survival of the planet.

Comment ID: 001011

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Stouder

Job Title: Owner

Key Topic: Vitamins

Sub Topic: Other

Attachment: N

Comment: Do you have any idea how exasperating it is to be an over-burdened taxpayer and watch the Health and Human Services secretary release a report which basically says it might be okay to take nutritional supplements in very limited circumstances, but for the most part, they are unnecessary and potentially dangerous. 70% - 80% of what we spend our health care dollars upon are conditions related to diet, lifestyle, and nutrition. I suppose among drug-oriented scientific community there may be some debate about the value of nutritional supplements. To most of us, however, it's common sense. I hope we are still free to use common sense in the United States of America. You are sending out a

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

message that is blatantly absurd and will cause harm to the American public. I don't know which is more frightening: believing that my government is so stupid or so in the pocket of the drug companies. It is reports such as these that make people lose faith in the medical profession and in their government. Congratulations!

Comment ID: 001012

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name: Peggy's Natural Foods

First Name: Peggy

Last Name: Ranger

Job Title: Owner

Key Topic: Vitamins

Sub Topic: B Vitamins, Folate, Vitamin A and Carotenoids, Vitamin C, Vitamin D, Vitamin E

Attachment: N

Comment: Please DO NOT TAKE AWAY OUR RIGHTS TO BUY NATURAL VITAMINS AND RELATED PRODUCTS.
THANK YOU,
PEGGY RANGER

Comment ID: 001005

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Tom

Last Name: Stewart

Job Title:

Key Topic: Vitamins

Sub Topic:

Attachment: N

Comment: The idea that a multi-vitamin does nothing to help people is absurd. It's clear to me that there are no professional health care personnel on your staff. This statement makes it clear to me that the USDA is out of touch with reality.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001006

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name: Holistic Health

First Name: James

Last Name: Simons

Job Title: President

Key Topic: Vitamins

Sub Topic:

Attachment: N

Comment: I find the suggestion that a multivitamin has no effect on the public health to be short-sighted at best. Multivitamins offer the average person a way to to augment their diet with the critical nutrients that are not always available in processed foods. There are many examples of nutritional diseases that like rickets or osteoporosis that can prevented with proper nutrition, life style changes and vitamins. Your conclusion is wrong and needs to be changed to reflect how the average American actually eats.

Comment ID: 001198

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Carol

Last Name: StJohn

Job Title:

Key Topic: Vitamins

Sub Topic:

Attachment: N

Comment: What is the basis for the statement that healthy people would not benefit from taking vitamins? I would like to see a study done where "healthy" people are tested for basic vitamin levels, known nutrient requirements, and see if they actually have enough. I would doubt it. We may not be going hungry, but our food is so depleted and we are exposed to so many toxins that we should be encouraged to get all the nutrients we can from all sources.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002002

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name: Dickinson Consulting, LLC

First Name: Annette

Last Name: Dickinson

Job Title: President

Key Topic: Vitamins

Sub Topic:

Attachment: Y

Comment: The DGAC fails to recognize the importance of multivitamins and other nutritional supplements for filling nutrient gaps, dismisses the importance of many nutrient shortfalls, and lacks a scientific basis for advising against the use of multivitamins.

Comment ID: 001999

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director, Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

Sub Topic: B Vitamins, Folate, Iron, Meat, Beans, Eggs, Fish, and Nuts, Other, Potassium, Sodium, Vitamin A and Carotenoids, Weight loss, Weight maintenance, Zinc

Attachment: Y

Comment: See attached document for AMI comments.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002106

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Soyfoods Association of North America

First Name: Nancy

Last Name: Chapman

Job Title: Executive Director

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: The Soyfoods Association of North America suggests that in translating the Scientific Report from the Dietary Guidelines Advisory Committee into policy and consumer documents, that DHHS and USDA consider the following suggestions:

1. Distinguish soy products/soyfoods separately from ?cooked dry beans and peas and seeds/nuts.?
2. Recognize that soy protein is comparable to animal protein in protein quality, based on the widely recognized methodology, Protein Digestibility Corrected Amino Acid Score (PDCAAS).
3. Highlight the nutritional adequacy and high-quality protein value of soyfoods.
4. Support further research on the health benefits of plant-based diets and soyfoods in relation to heart disease, weight management and diabetes prevention.
5. Create a consumer brochure that balances simple text with menu tables, graphics and other visuals which captivates, motivates and displays to consumers how to incorporate more plant-based foods into their daily diets.

Comment ID: 002108

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: National Pork Producer Council

First Name: Sam

Last Name: Carney

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Meat, Beans, Eggs, Fish, and Nuts, Potassium

Attachment: Y

Comment: Although it agrees with the Dietary Guidelines Advisory Committee that obesity is the No. 1 public health concern and that Americans need to eat more fruits and vegetables, the National Pork Producers Council is concerned with the committee?s recommendation that Americans consume only ?moderate? amounts of lean meat.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

The problem with the American diet is not over-consumption of lean meat, which provides key nutrients not available from plant-based proteins and which studies show can aid in weight loss, it is over-consumption of empty calories ? foods filled with added sugars and solid fats that provide little nutritional value.

Lean meat is a nutrient-rich source of lean protein with unique attributes not offered by plant proteins, and extensive peer-reviewed research supports a clear role for protein in the form of lean meat as a key part of the solution to the obesity epidemic.

Comment ID: 002132

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Juice Products Association (JPA)

First Name: Sarah

Last Name: Wally

Job Title: Manager, Nutrition Communications

Key Topic: Eating Patterns, Food Groups, Vitamins

Sub Topic: Fruits

Attachment: Y

Comment: On behalf of the Juice Products Association (JPA), please find our comments attached.

Comment ID: 002058

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: United Natural Products Alliance

First Name: Loren

Last Name: Israelsen

Job Title: Executive Director

Key Topic: Minerals, Other, Vitamins

Sub Topic:

Attachment: Y

Comment: see attached

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002178

Submission Date: 07/19/2010

Organization Type: Industry Association

Organization Name: Natural Products Association

First Name: Daniel

Last Name: Fabricant

Job Title: Vice President, Global Gov't & Scientific Affairs

Key Topic: Vitamins

Sub Topic:

Attachment: Y

Comment: See attachment that was submitted to database on 7/15 prior to 5:00 pm but did not get uploaded due to system constraints.

Comment ID: 002085

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Council for Responsible Nutrition (CRN)

First Name: Steve

Last Name: Mister

Job Title: President and CEO

Key Topic: Vitamins

Sub Topic:

Attachment: Y

Comment: Please see the attachment for CRN Supplemental Comment to DGAC Report.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002047

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Council for Responsible Nutrition

First Name: Andrew

Last Name: Shao

Job Title: Sr. VP, Scientific & Regulatory Affairs

Key Topic: Minerals, Vitamins

Sub Topic:

Attachment: Y

Comment: See attachments.

Comment ID: 002049

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Council for Responsible Nutrition

First Name: Andrew

Last Name: Shao

Job Title: Sr. VP Scientific & Regulatory Affairs

Key Topic: Minerals, Vitamins

Sub Topic:

Attachment: Y

Comment: See attachments.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 002145

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: The Peanut Institute

First Name:

Last Name:

Job Title:

Key Topic: Minerals, Vitamins

Sub Topic: Other, Vitamin E

Attachment: Y

Comment: Peanuts and Peanut Butter have a very high nutrient adequacy rating ? a truly affordable, accessible, and well- liked by people of all ages and cultures. In numerous studies, peanuts eaters have been shown have better diets and lower body mass index.

Comment ID: 001991

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: March of Dimes

First Name: Carolyn

Last Name: Mullen

Job Title: Associate Director, Federal Affairs

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: Of particular interest to the Foundation are the recommendations on page D2-33 of the report which states, Women of reproductive capacity should continue to be counseled to select foods high in folate and when necessary, take a folic acid supplement to meet their folate requirement. The March of Dimes strongly urges the DGAC to include a recommendation advising all women who can become pregnant to consume a multivitamin containing 400 µg of folic acid daily as part of a healthy diet including food with adequate folate. This has been shown to be the only way to ensure that women receive the needed amount of folate to reduce the risk of a pregnancy affected by a neural tube defect. The Foundation is also concerned with the assertion on page D2-36 that mandatory folic acid fortification may be associated with an increased risk of colorectal cancer. The Foundation strongly encourages the DGAC to include a recommendation stating that continued research in this area is warranted and that current evidence does not show and increased cancer risk.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001908

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Spina Bifida Association

First Name: Cindy

Last Name: Brownstein

Job Title: President and Chief Executive Officer

Key Topic: Vitamins

Sub Topic:

Attachment: Y

Comment: The Spina Bifida Association (SBA) appreciates the opportunity to provide comments to the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services? (HHS) on the recently released Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Comment ID: 001963

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Florida Folic Acid Coalition

First Name: Gail

Last Name: Rampersaud

Job Title: Assistant in Nutrition Research and Education

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: Inconsistency in folate (folic acid) recommendations for women of reproductive capacity

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001185

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name: Jan

Last Name: Slama

Job Title: retired

Key Topic: Minerals, Vitamins

Sub Topic:

Attachment: N

Comment: Overall, I think the direction the USDA (U.S. Department of Agriculture) and the HHS (Department of Health and Human Services) are taking with revising the dietary guidelines for Americans is a good one. I can get on board with their recommendations to lower sodium, fat and sugar intakes and to eat more fresh fruits and vegetables.

But there is one phrase, pointed out by the Natural Products Association (NPA), that should concern us all: "...a daily multivitamin/mineral supplement does not offer health benefits to healthy Americans."

?When less than 25 percent of the U.S. population eats the recommended serving of five fruits and vegetables daily, how are Americans to get the vitamins and minerals they need?? says NPA Executive Director and CEO John Gay. ?Advice to cut off a reliable and safe nutrition source, such as a daily multivitamin, doesn't seem logical or responsible.?

It seems as if the writers of the draft released this week, which will become the 2010 Dietary Guidelines for Americans after it is finalized later this year, specifically targeted the nutritional health supplement industry. One group (the food producers represented by the USDA) is telling Americans not to buy the products of another group (the vitamins and health supplements industry). Sounds like marketing. Which is fine. But marketing is different than guiding.

Please be a GUIDE, not a lap dog for the medical profession.

Jan

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001115

Submission Date: 06/23/2010

Organization Type: Other

Organization Name:

First Name: Courtney

Last Name: Kost

Job Title: Internet Proofreader

Key Topic: Minerals, Vitamins

Sub Topic:

Attachment: N

Comment: Your statement that "healthy Americans" won't benefit from a multivitamin/mineral supplement is misleading. Ideally, one would get the right nutrition from a healthy diet, but how many Americans actually do that? It would be more accurately worded as:

"...a daily multivitamin/mineral supplement can offer health benefits to Americans who are not yet achieving optimum nutrition from their daily diets."

Comment ID: 001200

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name: Ellen

Last Name: Clark

Job Title:

Key Topic: Vitamins

Sub Topic: Other

Attachment: N

Comment: With so many Americans eating unhealthy diets and not getting the necessary vitamins and minerals in their food, it is IMPORTANT for them to be able to take multi-vitamins and minerals to make up for what their diets lack. PLEASE do not put any restrictions on supplemental vitamins! I am a 14 year cancer survivor and depend on supplemental vitamins and minerals to maintain my good health and staying cancer free.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Vitamins

Comment ID: 001234

Submission Date: 06/25/2010

Organization Type: Other

Organization Name:

First Name: Alla

Last Name: Barquero

Job Title:

Key Topic: Vitamins

Sub Topic: Other

Attachment: N

Comment: In view that both USDA and FDA has repeatedly failed to protect the public health and, in fact, greatly assisted in restricting public's accessibility to information that would have helped them cure themselves using non harmful naturalistic approach, they should now stay the heck away from making statements regarding vitamin and supplement usage, stop trying to regulate innocuous products and pay more attention to the ones that are known to do actual damage, like ever growing stack of prescription medication with severe side effects and substandard, polluted and nutrition depleted foods grown to methods acceptable and promoted by USDA.

Comment ID: 002105

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Dietetic Association

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Food Safety, Other, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: The American Dietetic Association is pleased to provide the attached comments on the translation of the Dietary Guidelines Advisory Committee report into the 2010 Dietary Guidelines for Americans.